



## HOW TO BECOME AN EMOTION COACHING UK PRACTITIONER TRAINER

### ACCREDITED PRACTITIONER TRAINERS:

- Receive a comprehensive training pack – including slides
- Are able to train others in Emotion Coaching in their workplace and locality
- Receive EC UK logos to use at their discretion
- Receive the Model of Engagement planning resource
- Have free access to an annual Practitioner Trainer Learning Day
- Are offered listing on our website as an accredited Practitioner Trainer
- Are **not** accredited to train others to become Practitioner Trainers

### STEPS TO ACCREDITATION:

1. **Full attendance to 2-Day Core Training in Emotion Coaching**
2. **Full attendance to two 90 min follow-up sessions**
3. **Attend one online Pre-application seminar. Participants receive a Practitioner Trainee Support Pack.**
4. **Carry out a participant evaluated ‘mini’ EC training session (minimum 1 hour but can be spread over a few sessions)**
5. **Complete 4 reflective logs (over 6 months) on incidents where EC has been used to support emotional regulation in others**
6. **Complete an application form with invoice details**
7. **Confirm reading of EC UK set texts and articles**

#### 1. FULL ATTENDANCE TO 2-DAY CORE TRAINING IN EMOTION COACHING

The training is delivered online throughout the year and presented by an EC UK Training Leader. Details of upcoming training and costs can be found [here](#). The training covers the following areas:

- background to Emotion Coaching
- the neurophysiology of self-regulation (ie relationship between feeling, thinking, and behaviours)
- insights into the stress-response system and the foundations of positive behaviour and well-being
- the importance of attunement and meta-emotion awareness
- practical exercises and skill development in Emotion Coaching

## **2. FULL ATTENDANCE TO TWO 90 MINUTE FOLLOW-UP SESSIONS**

These sessions are held online several weeks after the 2-Day Core Training and provide an opportunity to reflect on the effectiveness of Emotion Coaching, along with tips to deepen your understanding of the approach and its application.

On completion of the 2-Day Core Training and both follow-up sessions, you will be issued with an EC UK Certificate of Course Completion.

## **3. FULL ATTENDANCE TO PRE-APPLICATION SEMINAR**

These Pre-Application seminars are held three times per year with a maximum of 20 participants.

The seminar will offer guidance to help you deepen your Emotion Coaching practice as well as refine your application for accreditation.

The seminar will focus on:

- development of Emotion Coaching practice in self and others
- an understanding of the Model of Emotion Coaching Engagement
- an understanding of the Emotion Coaching Spectrum of Use
- embedding Emotion Coaching in your practice or setting
- using Emotion Coaching reflective logs to support teaching and learning
- the requirements and how to complete application documentation

## **4. 'MINI' TRAINING SESSION**

Using the resources in your **Practitioner Trainee Support Pack** that you can request after the Pre-Application Seminar you will be required to:

- run a 'mini' Emotion Coaching training session (1 hour minimum but can be delivered over a few sessions)
- collate evaluations from your training session to show that you covered the why, what and how of Emotion Coaching

We provide notes and slides for the session as well as evaluation forms for your participants.

## **5. REFLECTIVE LOGS**

You will be required to complete logs to reflect on your use of Emotion Coaching tools. You will need to collate at least four entries over a minimum period of six months, including one entry where Emotion Coaching 'did not go as planned' or could be thought of as unsuccessful. These need to be in the template that we provide.

## 6. ACCREDITATION

Your application documents for EC UK Practitioner Trainer accreditation will include:

- Application form
- Reflective log – with a minimum of 4 entries
- Evaluation forms from EC training that you have presented
- Declaration that you have read key texts

Upon accreditation you will need to return a signed EC UK Copyright Agreement Form and pay the administrative fee of £200. Once completed, you will receive the training resources, logos, and a listing on our website.

**ENDORSEMENT LASTS FOR 12 MONTHS. TO RENEW THE ENDORSEMENT, YOU WILL NEED TO SUBMIT:**

- **Evidence of one Emotion Coaching training session**
- **Reflective logs with a minimum of four entries (as before)**
- **Pay an administrative fee of £100**

## 7. CONFIRM THAT YOU HAVE READ THE KEY EMOTION COACHING TEXTS

Here are the key texts to be read before accreditation:

### BOOKS

- Gilbert, L., Gus, L. & Rose, J. (2021) *Emotion Coaching with Children and Young People in Schools: Promoting Positive Behaviour, Wellbeing and Resilience*. Jessica Kingsley Publishers, London.
- Gottman, J and Declaire, J (1997) *Raising an Emotionally Intelligent Child*. The Heart of Parenting. New York: Simon and Schuster.
- Siegel, D. J. & Bryon, T.P. (2011) *The Whole-Brain Child*. Constable & Robinson Ltd. London.
- Siegel, D.J. *Brainstorm, The Power and Purpose of the Teenage Brain* (2013) Tarcher/Penguin, New York.

or

### OPTIONAL

Sunderland, M., 2015. *Conversations that Matter-Talking with Children and Teenagers in Ways That Matter*. Worth Publishing.

### ARTICLES

- Gilbert, L. (2024) 'Promoting social and emotional learning (SEL) in settings through Emotion Coaching practice: a model of engagement for practitioner use'. *Pastoral Care in Education*, pp.1-26 Doi:10.1080/02643944.2024.2402735  
<https://www.tandfonline.com/doi/full/10.1080/02643944.2024.2402735>
- Gilbert, L (2022) Emotion Coaching in relation to: Triune brain, polyvagal theory & handheld brain model. EC UK
- Gilbert, L (2020) *Remember we are all wearing spectacles! What is research about and what can we do with it?* EC UK

- Gus, L. Rose, J. & Gilbert, L (2015). Emotion Coaching: A universal strategy for supporting and promoting sustainable emotional and behavioural well-being. *Educational & Child Psychology*, 32 (1), 31.  
[https://www.researchgate.net/publication/275041216\\_Emotion\\_Coaching\\_A\\_universal\\_strategy\\_for\\_supporting\\_and\\_promoting\\_sustainable\\_emotional\\_and\\_behavioural\\_well-being](https://www.researchgate.net/publication/275041216_Emotion_Coaching_A_universal_strategy_for_supporting_and_promoting_sustainable_emotional_and_behavioural_well-being)
- Gus, L., Rose, J., Gilbert, L. and Kilby, R., (2017). The Introduction of Emotion Coaching as a Whole School Approach in a Primary Specialist Social Emotional and Mental Health Setting: Positive Outcomes for All. *The Open Family Studies Journal*, 9(1).  
<https://benthamopen.com/FULLTEXT/TOFAMSJ-9-95>
- Porges , S. (2004) *Neuroception: A subconscious system for detecting threats and safety*. Zero to Three
- Rose, J., Gilbert, L., McGuire-Sniekus, R. (2015) Emotion Coaching - a strategy for promoting behavioural self-regulation in children and young people in schools: A pilot study, *European Journal of Social and Behavioural Sciences*.  
[https://www.bathspa.ac.uk/media/bathspaacuk/education-research/emotioncoaching/EJSBS\\_Article\\_Rose\\_et\\_al\\_Emotion\\_Coaching.pdf](https://www.bathspa.ac.uk/media/bathspaacuk/education-research/emotioncoaching/EJSBS_Article_Rose_et_al_Emotion_Coaching.pdf)